

**1998 California Teen Eating, Exercise, and Nutrition Survey**

**Table 1: Healthy Eating Practices Score<sup>1</sup> Among California Adolescents**

	<b>Average California Daily Food Guide Healthy Eating Practices Score</b>	
<b>Total</b>	<b>3.1</b>	
<b>Gender</b>		
Males	3.0	**
Females	3.2	
<b>Ethnicity</b>		
White	3.1 <sup>a</sup>	**
African American	2.6 <sup>b</sup>	
Latino	3.2 <sup>a</sup>	
Asian/Other	2.9 <sup>ab</sup>	
<b>Gender by Age</b>		
<b>Males</b>		
12-13	3.2 <sup>b</sup>	**
14-15	2.8 <sup>a</sup>	
16-17	2.8 <sup>a</sup>	
<b>Females</b>		
12-13	3.4	
14-15	3.2	
16-17	3.0	
<b>Smoking Status</b>		
Non-Smokers	3.2	***
Smokers	2.4	
<b>Physical Activity Status</b>		
Regular	3.2	***
Irregular	2.7	
<b>Overweight Status</b>		
Not at Risk	3.2	***
At Risk/Overweight	2.8	

Highlighted data were revised from the original CalTEENS 1998 report released in 2000. Data were updated to reflect the cut points for "Overweight" and "At Risk for Overweight" used in the 2000 CDC Growth Charts.

<sup>1</sup> The score reflects the average of healthy eating behaviors practices on the previous day against California Daily Food Guide standards. One point was awarded for each: having a fruits and a vegetable; males eating 7 or more servings of fruits and vegetables and females eating 5 or more servings; having any milk, yogurt, or cheese; having any 1% or fat free milk or yogurt; having any whole grain breads/corn tortillas; having any high fiber cereal; and having any beans. The maximum score was seven.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Categories sharing a common superscript (a,b,c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

ANOVA

\*\* p<.01

\*\*\* p<.001